



Introducing First Fitness, Inc. Education Programs

Title	Description	Objectives	Target Audience	Topic Area
Breakthrough Executive Performance: Taking Your Game To The Next Level	Business moving fast? Higher demands for efficiency and productivity? Heavy personal health cost being paid by key leaders and executives? To achieve and sustain high levels of performance and happiness you must learn to manage both personal and professional life in ways that are physically, mentally, and organizationally healthy. Learn key factors of mental and physical performance and learn to blend strategies to create a powerful synergy to improve concentration and sustainable performance in the context of your executive lifestyle.	<ul style="list-style-type: none"> ➤ Increased cognitive performance ➤ Combine cognitive performance strategies with physical vitality strategies to achieve peak organizational performance 	Executives High Pos	Executive performance
High-Octane Management: Design A Life That Supports Your Career Long-Term	Success in business requires planning. Similar planning is required to achieve success in managing personal health. This interactive session provides practical information and reasonable strategies that will make a quantum difference in your energy levels, concentration and mental performance. Participants learn optimal eating habits and lifestyle rituals related to exercise, sleep and stress management that fit into their "real" world.	<ul style="list-style-type: none"> ➤ Provide holistic approach to operating effectively ➤ Create work-life integration 	General	Work-life integration
Thriving Not Surviving: Transforming Your Relationship to Stress	Tired? Irritable? Worn out? Not in the mood to "Do Stress Management"? Struggling to find motivation to make	<ul style="list-style-type: none"> ➤ Identify "helpful" stressors ➤ Develop stress recovery 	General	Stress management

Title	Description	Objectives	Target Audience	Topic Area
	changes? Not sure how or where to begin? Learn to create internally motivating habits to integrate personal changes. Learn specific actionable rituals you can use immediately to successfully manage the pressure and improve your health while at work, traveling and at home.	<p>methods</p> <ul style="list-style-type: none"> ➤ Practical physical and mental exercises to help alleviate stress 		
Fire Your Nutritionist! Practical Nutrition For Executives	If you don't have a personal chef or are tired of trying to figure out nutrition on the road or in your busy world, this program is for you! The program is designed to help any individual glean the critical and simple truths about eating in the workplace, on the road, and at home for optimal energy and weight management. Learn specific strategies and practical tips for eating for health.	<ul style="list-style-type: none"> ➤ Understand the myths and misperceptions about fad diets and their impact on physical and mental performance ➤ Create an individualized "new American plate" to enhance better decision making ➤ Reduce/mitigate life-style diseases 	Executive	Nutrition
Executive "Extreme Games": You Know How To Perform, Learn How To Recover	Learn how to schedule for peak performance, and recovery based on your personal psychology and physiology.	<ul style="list-style-type: none"> ➤ Create individualized lifestyle "games" ➤ Drive the top and bottom line by providing self-rewards ➤ Learn practical ideas, exercises, activities to help gain and maintain equilibrium 	Corporate retreat	Executive performance
Fitting Fitness Into Your Office Routine Without Ruining Your Life	A straightforward, "paint by numbers" approach using simple individual and group exercise that do not require large capital expenditures. A variety of exercise options for office, home or travel are demonstrated in this fun and interactive seminar. Participants get expert guidance	<ul style="list-style-type: none"> ➤ Learn simple but effective exercise methods (flexibility, cardio, weight resistance) that can be done anywhere 	General	Exercise/fitness

Title	Description	Objectives	Target Audience	Topic Area
	and hands on experience with the tools essential for convenience, portability and low cost health and fitness efforts anywhere, anytime.			
Eating For High-Energy Living	During this presentation, participants will discover practical ways to eat that create high energy levels, help with weight management and enhance overall health. Topics covered include: the best way to eat; tasty and healthy foods for breakfast, lunch, dinner and snacks; how to scan your kitchen, car, hotels and restaurants to pick the best food choices; and proven tips on how to change eating habits. Participants have time to set personal goals and ask questions regarding their own eating styles.	<ul style="list-style-type: none"> ➤ Plan and prepare simple, nutritious snacks/meals for highly mobile lifestyles 	General	Nutrition
Working Without A Net: Accessing Your Ideal Performance State	In an era of fewer resources and fewer mentors, executives must operate at a higher RPM. They must make more decisions across broader arenas and multitask at increasingly greater levels. This session offers mental, physical, and nutritional methods for achieving top performance.	<ul style="list-style-type: none"> ➤ Learn mental and physical exercises to aid intellectual “gear shifting” ➤ Create nutritional rituals to enhance decision making and mental functioning 	Executive High Pos	Executive performance
Designing A Perfect Weight Loss Plan!	Chuck the fad of the month diet plan! Did you know that in less than 90 minutes you can have everything you need to prepare a custom-made diet plan that gets results and keeps you healthy and happy? This approach emphasizes the power of using your own knowledge of yourself, rather than relying on the latest diet bestseller. This presentation takes participants through the process of designing their own weight loss plan, using proven principles of weight loss and combining them with personal	<ul style="list-style-type: none"> ➤ Create an individual eating plan for long-term, sustainable success 	General (This program is less business oriented and more personal motivation-oriented)	Nutrition

Title	Description	Objectives	Target Audience	Topic Area
	eating preferences, past successes and setbacks. We review seven common diets and provide research-based tips gleaned from those successful with long-term weight loss. By the end of the session, participants will have an eating plan and a list of behavioral approaches that they can begin right away.			
Bust Through Stress At Your Desk: Tips and Tricks for Relaxation, Breathing, And Flexibility	Do headaches strike when the pressure is on? Are the demands and pace of our full-speed world wearing you out and weighing you down? Learn and practice simple, practical techniques for integrating movement into conference calls, meetings, and while traveling without major lifestyle changes. This interactive program teaches anyone how to reduce stress.	<ul style="list-style-type: none"> ➤ Create personal action plans to mitigate stress ➤ Learn how/when to take physical and mental breaks to re-energize and refocus 	General (overlaps subject matter for Thriving Not Surviving)	Stress management